



their feeling more relaxed and confers a greater sense of control and mastery when thinking about the critical event.

In summary, an interview done well not only is likely to promote better recollection, but also will contribute to the interviewee's psychological health, Fisher and Geiselman said.

Cognitive interviewing was not developed for therapeutic purposes, Geiselman said.

"The core intent always has been to aid investigators by enhancing memory in order to elicit extensive, accurate information," he said. "But if psychological benefits ensue for the subject involved without compromising the investigative function, that only strengthens the argument in favor of this approach."

Because researchers have only recently thought of skilled interviewing as a means to promote psychological well-being, more research is necessary to document the exact benefits and to identify which aspects of interviewing they are specifically linked to, Geiselman said.

He and Fisher recommend that future work should begin with laboratory tests, followed by field investigations, to measure both short- and long-term indicators of psychological well-being, as well as attitudes toward the interview process and the interviewer. Findings would be helpful in further refining interview best practices, they said. 🌩

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Geiselman and Fisher's cognitive interviewing method is described in detail in their international journal article, available in full, free of charge at http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1696130.

The opportunity to speak without interruption and without having to conform to an imposed structure from the interviewer, contributes mightily to a feeling of being heard. This is an important component of maintaining or restoring self-esteem and self-worth.